



ALMYRASPA







ALMYRASPA is a holistic adults-only utopia where wellness, health and beauty unite with luxurious vitality.

**ILAPOTHECARY** offers a cutting-edge synergy of naturopathy, herbology and phyto-actives to counteract the stresses of modern living, from digital pollution to hormonal imbalance. Potent remedial ingredients meet in products and treatments designed to uplift, nurture and balance mind, body, skin and soul.

**OSEA** is a non-toxic, plant-based skincare line that embodies the core elements of wellness: Ocean, Sun, Earth and Atmosphere. Comprising only pure, biodegradable ingredients – including wild-harvested seaweed, nutrient-rich algae and organic essential oils – it delivers immediate effective results.

**QMS** Medicosmetics is the pioneering vision of world-renowned traumatologist and cosmetic surgeon Dr. med. Erich Schulte: transformative skincare products, facial and body treatments that unite exceptional ingredients with revolutionary technology for healthy, younger-looking skin.

# SPA ETIQUETTE / SPA ADMISSION

ALMYRASPA is open from 8 am until 8 pm.  
Individual treatments are available from 10 am.

ALMYRASPA and fitness facilities are open to persons aged 16 and over.

All our guests may enjoy complimentary use of the ALMYRASPA facilities during their stay. This includes use of the gymnasium, sauna and steam room, indoor pool and outdoor pool. We recommend that all jewelry and valuables be left safely in your room. For the enjoyment of all our guests we do not permit smoking or the use of mobile phones within the Spa area. Please inform the Spa reception if you suffer from any medical condition that restricts you from using any of the Spa facilities.

## RESERVATIONS SPA AND HAIR SALON

We recommend that you pre-book all Spa treatments prior to arrival or at the time of arrival to ensure your preferred time at ALMYRASPA. Dial 720 to book your treatments.

## CANCELLATION POLICY

ALMYRASPA cancellation policy requests 12 hours notice if you wish to cancel a treatment, otherwise a 50% cancellation fee will be charged to your room.

## LATE ARRIVAL

Please note that late arrival will affect the length of your treatment as all services will end at scheduled times. Full treatment price will be charged to your room.

# SIGNATURE PLEASURES

Our entire spa experience is dedicated to wellbeing. 'Signature pleasures' offer the ultimate indulgence for one or two in an opulent spa suite.





## THANOS KALMAR SIGNATURE EXPERIENCE

Based around the four soul states, JOY | PEACE | CALM | LOVE, and their corresponding focal points for the mind, body and soul, each of Kalmar's signature treatments is designed to balance, harmonize, and nourish energy through the power of mindfulness, specialized massage techniques, and alternative therapies. All taking you on a sensory journey. Beginning with guided meditation, visualization, and intention setting. With the help of your therapist choose from the four soul states, depending on your mood and let yourself emerge into total relaxation.

90 min | €150

## LIGHT YOUR FIRE RITUAL

Vitality boosting illumination within and without. Awaken your fire element to ignite vitality. This ritual begins with meditation and sage smudging before an invigorating full body scrub. After showering, a deep massage boosts circulation and promotes strength, leaving your body and mind aglow.

80 min | €170

Start your treatment by adding a re-energizing and re-mineralizing bath with local bath herbs and oils.

95 min | €190

## OSEA VAGUS NERVE MEDITATIVE MASSAGE

Deeply calming ritual focusing on the body's 'relaxation nerve'. Crafted to ease stress and elevate your mood to a higher meditative state, this mentally and physically nourishing treatment uses an OSEA healing essential oil blend, warm compresses, pressure points and massage to activate the body's longest cranial nerve.

80 min | €150

\*Add a bath with Vagus Nerve bath oil 95min | €170

## THE ANASTASIA ACHILLEOS METHOD

A transformational approach to rejuvenation for men and women. This multi-platform approach is enjoyed lying face-up on a warm 'floating' mat. A massage releases back, neck and shoulder muscles before unique facial lifting techniques reduce eye fatigue, drain excess fluid and release connective tissues.

90 min | €180

## SCRUB, SOAK & SURRENDER

This luxurious journey begins with an energizing body brushing treatment & an organic blend of Guarana, Pumice, Açai, and Wild Seaweed that polishes your skin and provides a protective barrier of moisture. Then you can unwind in a purifying sea bath with wild seaweed and soothing lavender for 20 minutes and at the end surrender your body in deep moisture with a gently full body application of creams with healing nutrients, vitamins, minerals and essential fatty acids.

80 min | €150

## THERAGUN DEEP TISSUE MASSAGE

A massage that combines classic deep tissue techniques and Theragun device that uses percussive massage therapy to treat muscle soreness and relieve pain. The tool has increasingly been used by (and found effective for) everyone including professional athletes.

60 min | €110

## ALMYRA MASSAGE

This massage restores and relaxes the nervous system, leaving the body infused with a sense of enhanced well-being. Ideal for treating chronic pain of specific areas and reduce stress, anxiety, and muscle tension.

45 min | €70

## HIMALAYAN SALT STONES MASSAGE

Try a healing massage with warm salt stones that balances the central nervous system. It gently soothes the accumulation of stress and tension, helps remove toxins while infusing healthy minerals into the skin.

60 min | €100

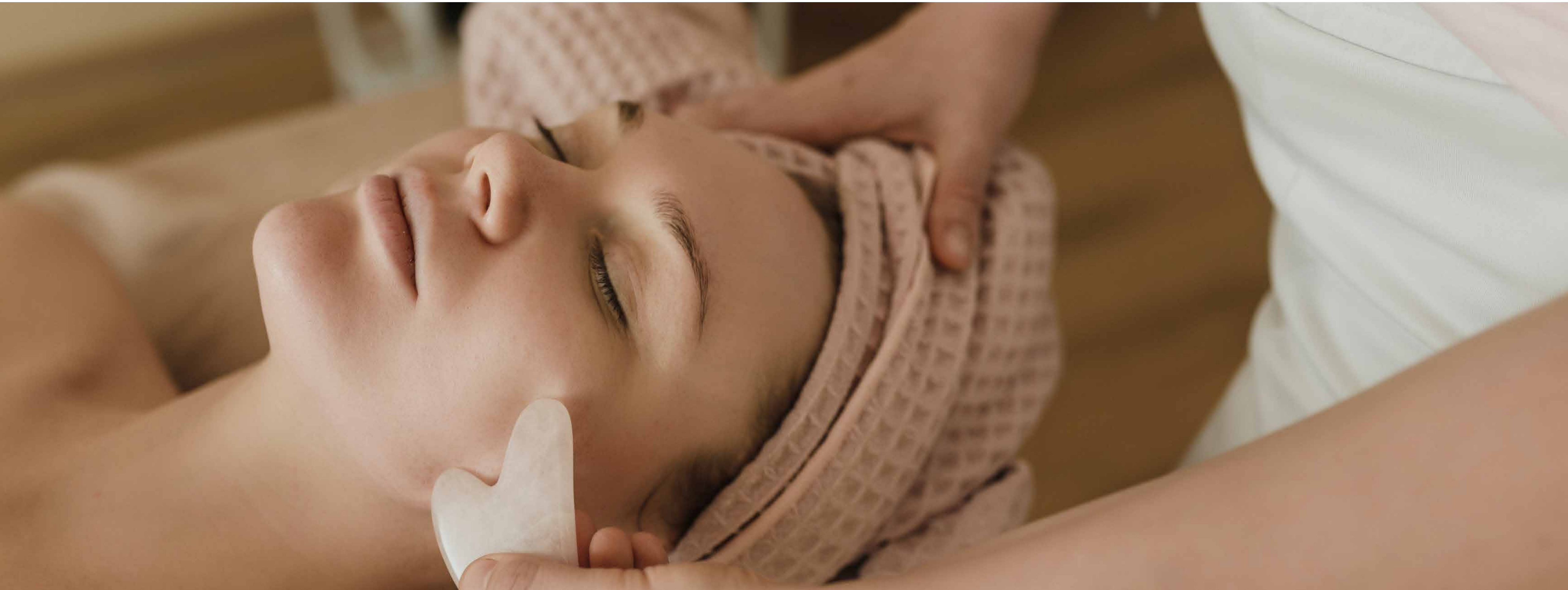
80 min | €130





# FACIAL RADIANCE

All our facials are tailormade following a private consultation to determine your skin's exact needs.





## AGE-DEFYING COLLAGEN FACIAL

For firmer and smoother skin. A high-tech anti-ageing facial that combines natural soluble collagens with pioneering exfoliation technology to reduce fine lines and improve skin tone.

60 min | €110

90 min | €150

## LIFT AND TONE FACIAL

A beauty boost for mature skin. Combat signs of ageing with this firming treatment for the face, neck, décolleté and breast area that uses a highly effective contouring cream.

60 min | €135

## SEA OF LIFE FACIAL

A personalized treatment that combines custom cleansing and a restorative mask with biodynamic Cranial-Facial Therapy. Organic algae extracts and natural botanical oils restore vital nutrients, vitamins and minerals directly to skin. This treatment leaves you glowing from the inside out and a feeling of peace and well-being flows in like the soothing tide.

50 min | €95

## SCULPT & LIFT GUA SHA FACIAL

A relaxing, sculpting, and detoxifying journey designed to lift and tighten facial contours. The ancient technique of Gua Sha helps to increase collagen production, plump lines, and reduce facial tension for an immediate radiant glow. A jade stone is combined with the cleanest ingredients from land and sea including mineral-dense seaweeds and antioxidant-rich plant botanicals to nourish body and mind.

75 min | €110

## DIGITAL DETOX FACIAL THERAPY

Combat tired skin and reset your system. Ease tension and skin imbalances caused by digital technology and city pollution with this restorative therapy using cleansing, protective products. Specialized massage techniques on the head, eyes, jaw, neck, shoulders, and hands promote relaxation and release.

50 min | €90

## MEN'S RESTORATIVE FACE AND BACK TREAT

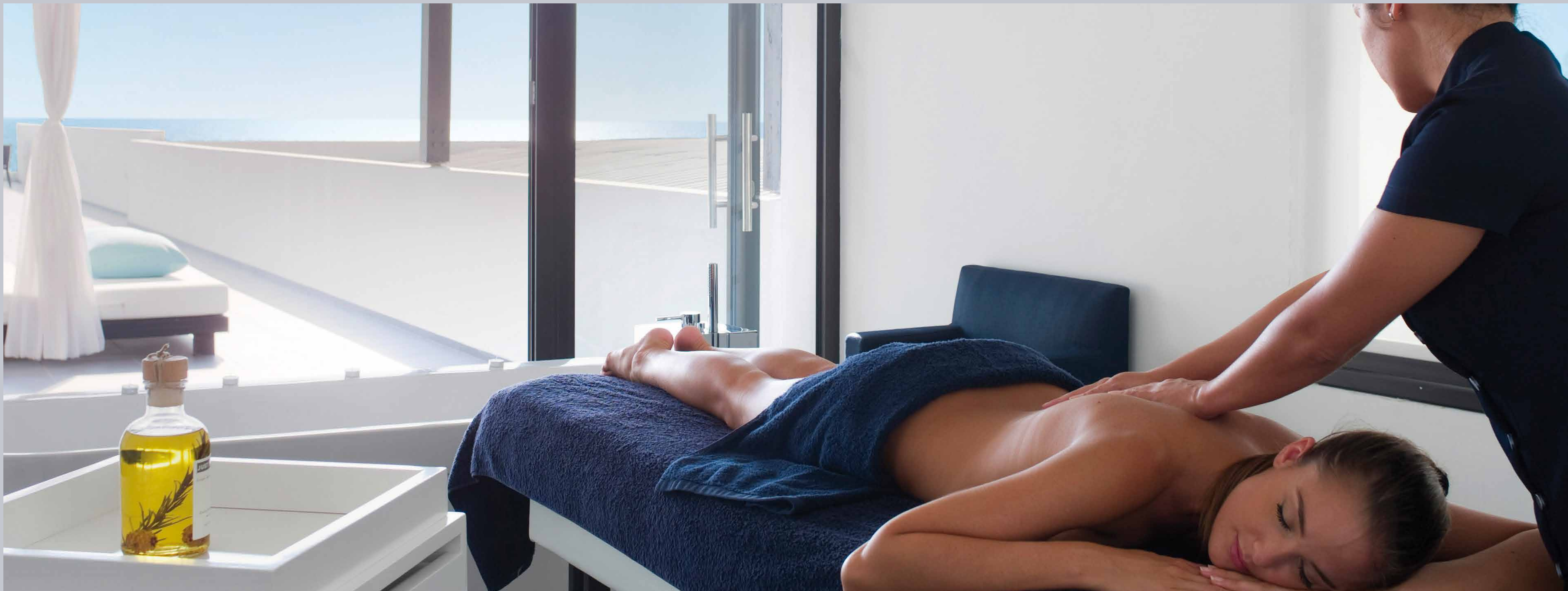
Invigorating, cleansing and relaxing. A deep back exfoliation with nourishing sea algae; a relaxing back, neck and shoulder massage to ease stiff muscles; and a deep cleansing seaweed facial. Sorted.

75 min | €110



# BODY MESSAGES

Designed to nurture the body and mind, these massage techniques restore health and vitality.





## RELAXING WAVES MASSAGE

A soft pressure sensory treatment that relaxes the body and calms the mind, featuring essential oils for personalized nurturing.

60 min | €90

80 min | €120

## FUSION MASSAGE

A fusion of massage techniques from around the world to ease the muscles, awaken the spirit and replenish the soul.

60 min | €100

80 min | €130

## DEEP TISSUE MASSAGE

A powerful and firm body massage, that releases muscle tension, detoxifies the body and alleviates fatigue. Perfect for active or sporty types.

60 min | €110

80 min | €140

## HOT STONES MASSAGE

Combining a sensuous flow of warm oil with heated stones, this unique massage eases muscle tension, aches and pains and promotes a meditative state.

60 min | €100

80 min | €130

## LYMPHATIC DRAINAGE MASSAGE

This light pressure massage with gentle drainage techniques stimulates the lymphatic system to detoxify body and mind, restore and rebalance energy.

45 min | €95





## BODY CUPPING THERAPY SESSION

Cupping therapy is a therapy that has existed for 4000 years. Today, this ancestral practice comes back and appeals a lot to athletes and many other people. The principle of this therapy is to apply a silicon suction cup on the skin to achieve suction action. This therapy mainly treats back pain, lumbago, sciatica, headaches, stress, cellulite, digestive/respiratory disorders, sports recovery & activates the immune system.

45 min | €95

## ENERGY RESET

Reconnect with inner vitality, the source of health and healing, with this treatment focused on the body's energy systems. Using lymphatic drainage techniques, reflex points on the head and feet, and deeply nurturing energetic holds, the body is encouraged to reset, rebalance and replenish.

60 min | €120

## HAPPY HORMONE EQUILIBRIUM

With balancing essential oils and castor oil packing using Ayurvedic Shatavari, this serotonin-boosting back massage promotes deep healing for the female hormone system. Designed to optimize energy and fertility, reduce stress levels, and regulate menstruation and menopause symptoms.

60 min | €120

## CALM BUTTERFLY - PREGNANCY MASSAGE

An nourishing treatment infused with pure natural ingredients that brings peace, harmony, and release tension of the body. Reduces stress and swelling in the face, arms and legs, relieves muscle and joint pain.

60 min | €100

Please note pregnancy treatments can only be performed after the first trimester.



# BODY CONTOUR

A collection of treatments to encourage detoxification, sculpting, toning and smoothing for improved confidence and wellbeing.





## SEAWEED EXFOLIATION

Harnessing the benefits of marine extracts, different varieties of sustainably harvested seaweed and sea salt exfoliate and remineralize from top to toe. An application of ocean lotion hydrates the skin and completes the treatment.

45 min | €65

## SEA ALGAE DETOX

Advanced toxin elimination for an improved appearance. This body wrap envelops the body in 100% pure algae, rich in properties that aid the absorption of essential amino acids, minerals and vitamins and stimulate the detoxification process. The application of ocean lotion hydrates the body's skin.

60 min | €100

## SUN SALUTATION

Give sun-kissed skin a full body refresh from head to toe with a hydrating scalp, face and body mask. Mineral-rich sea algae, cooling aloe vera gel and antioxidant green tea extracts reduce redness and irritation while soothing sun-soaked skin. The face is treated with cool compresses soaked in sea minerals and a fresh Gigartina algae gel mask to rejuvenate skin.

50 min | €100

## QMS BODY TREATMENT PERSONALIZED RITUAL

Personalize your experience by choosing what is best for your skin between Hydration, Exfoliation & Collagen inside out treatments. Let our experts choose the ideal products for you, after you choose one of the 3 variants:

### Energizing & Refreshing 3 steps:

Exfoliation, Oil & Care, Final Care

45 min | €90

### Hydrating & Relaxing 4 steps:

Exfoliation, Oil, Massage OR Algae Wrap, Final Care

60 min | €120

### Collagen Hero 5 steps:

Exfoliation, Oil & Care, Massage, Collagen Facial Care  
OR Algae Wrap, Final Care

90 min | €180

## CYPRLOT SUGAR AND CAROB EXFOLIATION

Local natural ingredients for a refined appearance. This natural Cypriot treatment begins with a warm application of Cypriot olive oil followed by a sugar and carob scrub and local herb body rinse. To finish, an application of body milk leaves the skin smoothed and nourished.

30 min | €50



# TREATMENTS FOR TWO

Experience the luxury of ALMYRASPA together. enjoy one of our relaxing treatments side by side in our unique spa suite with private balcony and perfect sea and harbour view.





## DOUBLE INDULGENCE

Relaxing massage to ease muscle tension and calm the mind, using blend of aromatic oils. Ideal for helping to align and balance mind and body, and reduce muscle pain and body stiffness.

60 min | €180 per couple

90 min | €250 per couple

## COUPLES HOT STONES MASSAGE

In the present day massage therapy practice, hot stone massage is a specialty massage where smooth, heated stones are used by the therapists by placing them or rubbing them on the body. The heat from the stones leads to deep relaxation and to warming up of the tight muscles enabling the therapist to work more deeply and more quickly.

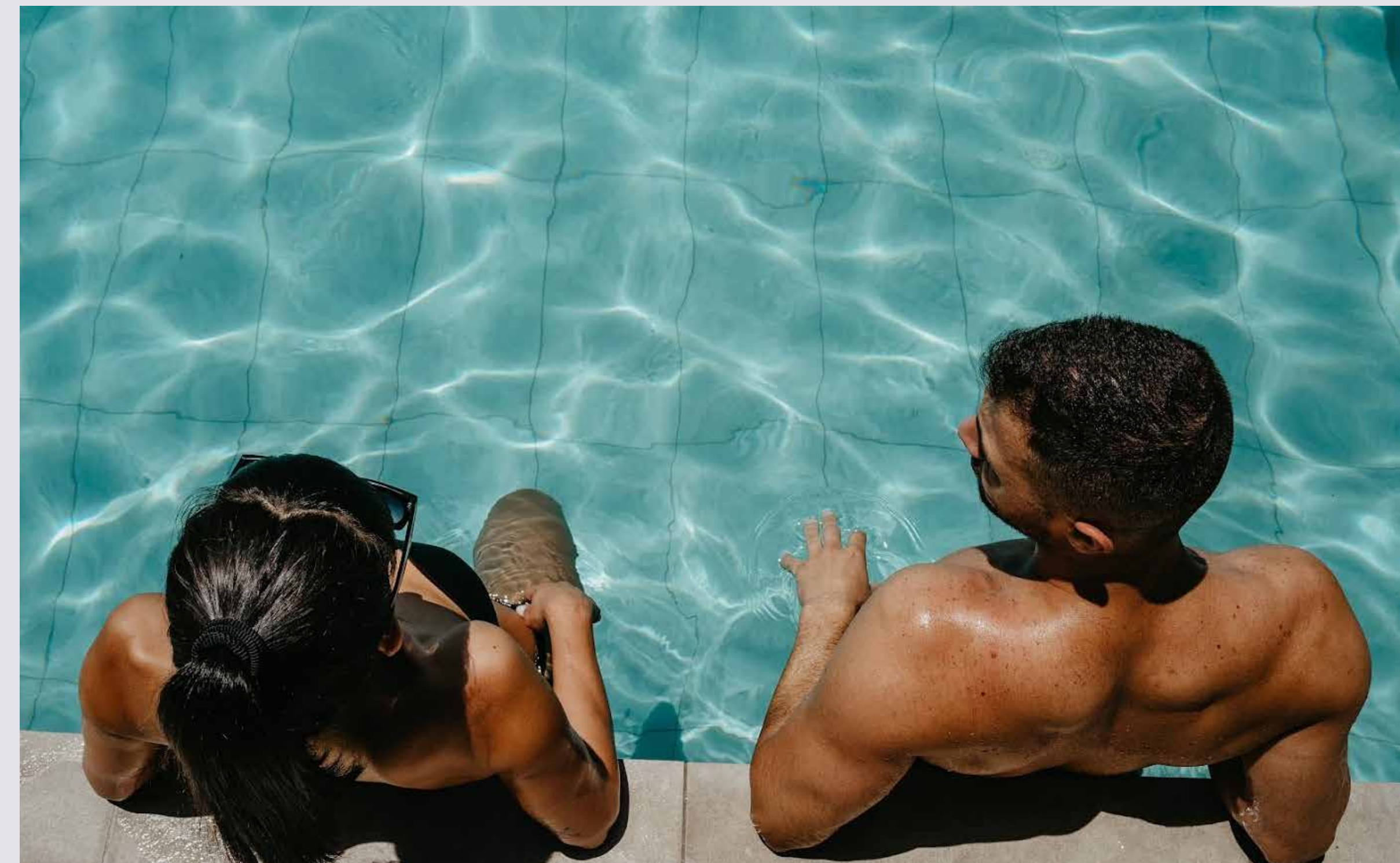
60 min | €170 per couple

80 min | €240 per couple

## COUPLES TASTE OF THE SEA

To experience synergy with the sea, this treatment starts with a harvested seaweed and sea salt exfoliation to re-mineralize the body. A full body massage completes this marine couples' treatment for total well-being. Ideal for increasing blood circulation and drain lymph nodes, remove dead skin cells and exfoliate the skin, rejuvenate and revitalize the skin. Enhance mental well-being.

90 min | €260 per couple





# EXPRESS TREATMENTS

## STRESS RELIEF HEAD MASSAGE

A calming yet invigorating scalp massage using aromatherapy oils on vital energy points to calm the mind and increase circulation for total wellbeing.

30 min | €50

## FOOT THERAPY

Techniques to relieve fluid retention; gentle exfoliation to remove dry skin; and a pressure point massage to leave you feeling like you're walking on air.

30 min | €50

## BACK, NECK AND SHOULDER MASSAGE

A targeted therapeutic massage with warm essential oil blends to alleviate stress and tension and bring deep relaxation to mind and body.

30 min | €50 medium pressure

30 min | €60 deep pressure

## OCEAN AWAKENING FACIAL

This deeply restorative two-part facial uses a warm compress, lymphatic drainage, hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

30 min | €60



## NAIL SERVICES

Manicure	€50
Pedicure	€60
File & polish (hands or feet)	€20
French polish	
(add on to any manicure, pedicure or polish)	€10
Gel manicure or pedicure	€50
Gel removal	€10
Mini file & polish (for children 6-12 years old)	€15

## BEAUTY SERVICES

### EYES

Eye Lash/Brow Tint	€15
Eye Brow Tidy/Shape	€18

### MAKE-UP

Make-up Day/Night	€60
Bridal Make-Up Trial	€50
Bridal Make-Up	€100

## HAIR REMOVAL

Half Leg Wax	€30
Full Leg Wax	€40
Bikini Line Wax	€20
Brazilian Wax	€30
Lip and Chin Wax	€10
Under Arm Wax	€18
Arm Wax	€20

## HAIR SALON

Blow Dry	€25
Longer Blow Dry	€30
Cut and Blow Dry	€50
Cut and Blow Dry Short	€45
Ladies' Cut	€25
Men's Cut	€22
Children's Cut	€15
Hair Up	€55
Shampoo and Set	€35
Toner	€25

## WEDDINGS

Bridal Hair Trial	€50
Bridal Hair	€100
Bridesmaid Styling	€65
Flower Girl Styling	€35

## COLOUR

Half Head Highlights	€95
Full Head Highlights	€140
Full Head Colour	€50
Full Head Roots	€40
Mask and Treatment	€15

Prices for colour and cuts do not include a professional blow dry unless stated otherwise.

# FITNESS SERVICES FITNESS CLASSES

(for more details please see ALMYRASPA Weekly Fitness Timetable)  
€10 per session per person



## PRIVATE YOGA

Yoga is beneficial to everyone – regardless of age or ability – to build a healthy body, develop a balanced mind and achieve your full potential.

60 min | €55

## PERSONAL TRAINING SESSION

A private one-to-one session packed with tips, techniques and motivation to ensure you reach your full work out potential during future training sessions.

60 min | €55

## PRIVATE TENNIS LESSON

From game strategy and conditioning to serving techniques, talk to us about arranging a private lesson with a professional tennis coach.

60 min | €55



ALMYRA<sup>•</sup>

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